

Health and Fitness for Women

Date March 24, 2005

Cost \$ 60.00

Location Saint Paul Police Department
Griffin Building Headquarters
367 Grove Street
Saint Paul, MN 55101

Time 0800-1200

Instructor Marsha Panos, SPPD Health/Fitness Specialist

POST Credits 4.0

The Saint Paul Police Department Professional Development Institute is sponsoring a 4 hour course on Health and Fitness for Women. Get the latest information on health and fitness issues unique to women. Find out what the physiological differences are between males and females and why that requires a different approach to eating, exercising, weight loss and staying healthy. The second portion of the presentation, "Squad Car Eating" is a survival guide for everyone who has to eat on the run. Find out how McDonald's and even Taco Bell can fit into a healthy eating plan. This section will help you develop healthy, practical eating habits that fit your hectic lifestyle.

To request registration materials, call the Saint Paul Police Department Training Unit at (651) 266-5555

Saint Paul Police Professional Development Institute REGISTRATION FORM

Course: _____

Date(s): _____ Cost: _____

Name: _____ POST #: _____

Position/Title: _____ Phone: _____

Agency: _____

Agency Address: _____

City: _____ State: _____ Zip: _____

Send Invoice to: _____

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Saint Paul Police Department
Training Unit, ATTN: PDI
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